

# The Thread of Light

---

 [wccm.org/weekly-readings/the-thread-of-light](http://wccm.org/weekly-readings/the-thread-of-light)

16 July 2021

7.25.2021 A selection from “Touching Reality” by Laurence Freeman (a tape series available from [Medio Media](#))

Meditation is a way of following the human trail to the center of reality, where we are able to experience a oneness that is peace and joy and love. The differences have been transcended; the dualities resolved. And we discover that we don’t meditate only for our own private peace of mind. We meditate with a growing sense that our journey is of vital importance to others. We are able to look at the other, to look at the world and see oneness rather than division. We actually see it for ourselves; we experience it. We are not just hoping for it or daydreaming about it, we’re able to see it.

Saint Augustine said that the whole purpose of this life is to restore to health the eye of the heart, by which we see God in all things. Meditation is the means by which we restore health to the eye of the heart so that we can see the unity of God wherever we are, whoever we are with—even in the heart of conflict and discord, especially in the heart of conflict and discord.

As we follow our journey, we begin to transcend the dualities that keep us locked into conflict, suspicion, anger and violence—verbal, psychological, or physical. All of which we know are the negative forces in ourselves, in our relationships, and in the world. As we move forward on the journey, meditation by meditation, day by day, we cut ourselves free from the root that holds us back from love, from the vision of God.

After meditation: “The Future of Community” by Carol Bialock RSCJ in CORAL CASTLES (Newberg, OR: Fernwood Press, 2019), p. 95.

We all come from a place of pain

and a place of peace

and the sharing is a resurrection.

It’s all right to be human, hungry, hurt;

and it’s all right to have joy, serenity, hope.

Trust opens our mouths to tell the truth of our pain;

trust opens our hearts to the balm of love;

trust opens our eyes to the thread of light

that weaves us into one.

[Download Printable version](#)

*Image by [Meine Reise geht hier leider zu Ende. Märchen beginnen mit from Pixabay.](#)*